

# Shoreline



City of Seal Beach Classes and Activities • Fall 2012



# City of Seal Beach

211 8th Street, Seal Beach, CA 90740  
(562) 431-2527

## CITY COUNCIL

City Council meetings are open to the public and are held at City Hall on the second and fourth Monday of each month at 7 p.m.

Mayor	Michael Levitt, District 5
Mayor Pro Tem	Gary Miller, District 4
Council Member	Ellery Deaton, District 1
Council Member	David Sloan, District 2
Council Member	Gordon Shanks, District 3

## CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Sean Crumby
City Clerk	Linda Devine
Interim Chief of Police	Keith Kilmer
Interim Director of Community Development	Greg Hastings
Interim Director of Finance	Shally Lin
Director of Public Works	Sean Crumby
Marine Safety Chief	Joe Bailey

## COMMUNITY SERVICES STAFF

Recreation Manager	Tim Kelsey, ext. 1341
Comm. Services Coordinator	Dana Kukuruda, ext. 1306
Comm. Services Specialist	Marquis Lee, ext. 1307

## RECREATION COMMISSIONERS

District 1	Marc Loopesko
District 2	Lauren Sosenko
District 3	Carla Watson
District 4	Schelly Sustarsic
District 5	Graham McAllister

## MUNICIPAL MEETINGS

**Planning Commission**  
7:30pm; 1st & 3rd Wednesday per month

**Environmental Quality Control Board**  
6:30pm; Last Wednesday/month

**Recreation Commission**  
6:00pm; 4th Wednesday/month  
*January, February, March, April, May, June,  
September, October, November*

## INSIDE

City News	3-5
Clubs and Organizations	6
Citywide Community Events	7
Preschool & Toddler Programs	8
Youth Dance	9
Youth Sports & Fitness	10-11
Youth Special Interest	11
Adult Dance	12
Adult Special Interest	13 -14
Adult Fitness	15-16
Adult Sports	16
Surf & Paddleboarding	16
Aquatics & Community Pool	17
Tennis	18-19
Senior Services	20
Map & Facilities	21
Registration	22
Class Registration Form	23

## HOLIDAY CLOSURES

Labor Day – September 3

Columbus Day – October 8

Veteran's Day – November 12

Thanksgiving – November 22 & 23

## Day Light Savings

**Fall Back on November 4, 2012**

Daylight saving time is also a perfect opportunity to not only change your clock, but also change the batteries in your smoke alarms and carbon monoxide detectors.



# City News

*City of Seal Beach*



Fall 2012

## *A Message from the City Manager's Office*

Seal Beach has just entered into a new fiscal year with a host of tasks and activity and a balanced budget. Seal Beach has cautiously managed the downturn of the economy by spending conservatively while maintaining a small staff. Much of the service provided is outsourced to private vendors. During the budgeting process residents requested service in a host of areas. It is apparent that while the City is doing extremely well, there is more that needs to be done. More in fact than there are currently funds available. In addition to requested services, the City has \$138 million in unfunded infrastructure needs. Making the decisions on which items receive funding is undoubtedly a difficult job of the City Council. The members of the City Council care about the City and take this responsibility seriously.

So what can we all do to help? Please shop local. When you do so, it helps local businesses thrive. Business owners succeed which in turn improves our community. Also, those transactions generate sales tax for the City. In a time when the State of California is taking funds from cities statewide, those sales tax dollars are crucial to fund the services provided by the City.

Seal Beach is a truly unique small town. There have been a few projects the City has celebrated this summer that I would like to highlight. The River's End complex has been remodeled. The parking lot and windsurf park received a much needed

facelift. Also the San Gabriel bike trail has been resurfaced. As this is being written, the Studebaker Ramp to the 22 freeway is being reconstructed. This project will help to alleviate traffic congestion that has hampered the entry and exit to the College Park West neighborhood for the past 30 years. Finally, a project was completed to beautify Main Street which has brought trees, decorative pavers, and new landscaped planters. The City will continue to look for fiscally sensible ways in which to improve the City's infrastructure while maintaining the uniqueness of our community.

We are also proud of a variety of successful events. First and foremost, the annual Run Seal Beach 5K/10K was a huge success. This event was once again sold out, bringing thousands of runners and walkers to our beautiful seaside community. In fact, this year's Run broke attendance and fundraising records. The event raised just under \$160,000, which was distributed to 65 local organizations. This was accomplished by a volunteer staff of over 500 people. Other noteworthy events that have taken place over the last several months include, the 50th Anniversary of Leisure World, the 25th Annual Car Show on Main Street, the 4th of July Celebration at the Joint Forces Training Base, the Lions Club Annual Fish Fry, and the popular Summer Concert Series. It is your support and participation in these events that continue to create a legacy of civic pride.

The City moves forward with a new season of events that aims to bring the community closer together. There are several events planned for the fall season, and many of them may sound familiar given their long tradition in our City, including the 97th Annual Founder's Day, the 16th Annual Japan America Kite Festival, the 17th Annual Wag n' Walk, and the Seal Beach Arts and Crafts Festival. As you can see, there are many opportunities to get out and enjoy our wonderful City. I look forward to seeing you out there!

It goes without saying that there are many folks who have contributed to the success of this great City. But I would be remiss if I did not thank our dedicated City Council and professional staff as well as our residents and business community for always striving to make this City a success!



*City Manager Jill R. Ingram*

*Jill R. Ingram  
City Manager*

# Seal Beach Public Works Improvement Projects Update

## **Arterial & Local Street Resurfacing Project No. ST1102 & ST1103**

This project consisted of removing and replacing various locations of damaged curb & gutter, sidewalk, curb ramps, installing pavers and resurfacing the asphalt roadway. The streets resurfaced are the following:

- Bolsa Ave. from Seal Beach Blvd. to Balboa Dr.
- Balboa Dr. from Bolsa Ave. to Pacific Coast Highway
- Landing Ave. from Seal Beach Blvd. to 12th St.

The project is now completed, giving the streets mentioned above a fresh new look (*see photo at right*).

## **2012 Annual Slurry Seal Project No. ST1101**

This project consisted of slurry sealing several streets in Old Town. Application of slurry seal extends the effective life of the asphalt concrete pavements by placing a protective seal over the existing pavement surface. The streets included within the project are listed as follows:

- 11th Street between Seal Way and Ocean Avenue
- 12th Street between Seal Way and Ocean Avenue
- 13th Street between Seal Way and Ocean Avenue
- 14th Street between Seal Way and Ocean Avenue
- Dolphin Avenue between Seal Way and Ocean Avenue
- Neptune Avenue between Seal Way and Ocean Avenue
- Electric Avenue between Seal Way and Ocean Avenue

- Electric Avenue between 6th Street and Main Street

- Seal Beach Boulevard between Electric Avenue and Pacific Coast Highway

The project is now completed, preserving and protecting the streets pavement surface (*see photo at right*).

## **2012 Annual Concrete Repair Program Project No. ST1104**

The 2012 Annual Concrete Repair Program Project No. ST1107 consisted of concrete repairs such as sidewalks, driveways, curb and gutter, primarily in Old Town. The project is now completed.

## **West County Connector Project**

As you may know the Orange County Transportation Authority's WCCP is well underway with construction and detours for the new carpool lanes connecting the 605, 405 and 22 freeways. Construction continues with the recent opening of the 7th Street bridge into Long Beach leading into the Seal Beach Boulevard bridge construction scheduled to start in late August 2012. The Seal Beach Boulevard bridge will be reduced down to one lane in each direction with one emergency lane for a duration of 1 year. Please obey all construction detour signs and safety signs. If you have any questions in regards to the WCCP please contact Sarah Swensson of Orange County Transportation Authority at (714) 570-5376.

## **I-405 freeway Widening Project**

The Orange County Transportation Authority is planning to widen the 405 freeway from the 605 Freeway (Seal Beach) to the 73 Freeway (Costa Mesa). OCTA is currently in the environmental phase of this project. The City of Seal Beach has met with numerous agencies and elected officials ex-



**Project No. ST1102 & ST1103**



**Project No. ST1101**

pressing our concerns with the project. For more detailed information please contact Christina Byrne of Orange County Transportation Authority at (714) 560-5717.

***Class registration begins August 17***

*Don't forget to register early to avoid class cancellations.*

*Registration will no longer be accepted on-site. See **Page 22** for registration information.*



## City Selects New Interim Chief of Police

The City of Seal Beach is proud to announce the appointment of Keith Kilmer as the Interim Chief of Police of the Seal Beach Police Department. Chief Kilmer began his career as a Police Officer in 1982 with the Long Beach Police Department. During his 25 years with the Long Beach Police Department, he rose through the ranks, ultimately achieving the rank of Police Commander. In 2006, Chief Kilmer was selected as Chief of Police for the City of Bell Gardens. After three years at Bell Gardens, he was selected as Chief of Police for the City of San Bernardino, where he served until his retirement in 2011. Chief Kilmer possesses a Juris Doctor degree

from Western State University College of Law and a Bachelor of Science degree from Western State University. He is a graduate of the FBI National Academy and the California State Commission on Police Officer Standards and Training Executive Management Course. Chief Kilmer believes strongly in collaborative problem solving, personal accountability, and in developing others for future leadership roles.

Chief Kilmer stated that, "I feel very fortunate to be asked to lead such a fine department as the Seal Beach Police Department during this interim period. I look forward to working with the City Council, City Manager, other departments, the com-



munity, and the men and women of the Seal Beach Police Department to continue to ensure the current high levels of public safety and quality of life in Seal Beach."

## San Gabriel River Trail, 1st Street Parking Lot Enhancement Project

The City has finished construction on the San Gabriel River Trail and 1st Street Parking Lot Project Enhancement Project. The project consisted of repaving over 6 miles of river trail from the terminus at the 1st Street Parking Lot upstream past the 405 Freeway. In addition, the project rehabilitated and rebuilt the parking lot by redesigning the layout without losing any spaces, adding new concrete walkways and viewing/eating areas, increasing the grassy Windsurfer Park by double and adding beautiful landscaping that is low water tolerant. Also, this project included a remodel of the existing bathroom facilities. In all, this project, which was majorly funded by a grant from the San Gabriel & Lower Los Angeles Rivers and Mountains Conservancy, is a welcome restoration to a facility that should help promote numerous recreational activities from bike riding the river trail to windsurfing the mouth of the San Gabriel.



## ■ CLUBS & ORGANIZATIONS

American Legion Post #857	Joe Palmer — 562-596-3950
Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Food Finders	Arlene Mercer — 562-598-3003
Friends of the Mary Wilson Library	Tom Blackman — 562-431-7415
Girl Scouts	Lynn Gosselin — 562-596-4315
Historical Society Red Car Museum	562-430-1450
International Friendship Assoc.	Rose Wenjen — 562-596-8568
Interval House — Women's Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt — 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton — 562-596-3497
McGaugh School PTA	Isabelle McFadden — 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo — 562-493-0543 www.momsclubofsb.org
Republican Women's Club	Phyllis Steiner — 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales — 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai — 562-431-9400
Save Our Beach	Kim Masoner — 562-884-6764
Seal Beach Arts & Crafts Faire	Belinda — 562-598-0116
Seal Beach Beauty Pageant	Rossie — 562-431-5679
Seal Beach Lions Club	Scott Newton 562-537-3955
Seal Beach Leo Club	Scott Newton 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Volleyball Club	562-430-6671 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
The Seal Beachcombers Club	Resident SOCAL Club — 562-243-8987 www.sealbeachcombers.com
Surfrider Foundation	Mike Balchin — 562-397-3658 mebahb2o@msn.com
Special Olympics So California-OC	Jimmy Wong — 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Twyla Karkut — 562-431-7290

## ■ TRASH

Consolidated Disposal

(800) 299-4898  
www.consolidateddisposalservice.com

## ■ STREET SWEEPING

R.F. Dickson

(800) 573-3222

## ■ SEAL BEACH WATER BILLING

Water Billing (562) 431-2527 x1309

## ■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, ext 1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
SB Lifeguard Headquarters	562-431-2527, ext 1202
SB Com Pool @ McGaugh School	562-430-9612
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Sunset Beach Lifeguards	949-499-3312
Main Post Office (Westminster)	562-596-5546

## ■ RECREATION & COMMUNITY SERVICES

Los Alamitos Recreation	562-430-1073
Los Alamitos Youth Center	562-493-4043
Rossmoor Comm. Services Dist	562-430-3707

## ■ LIBRARIES

Leisure World Library	562-431-1611
Mary Wilson Library	562-431-3584
Rossmoor/Los Alamitos Library	562-430-1048

## ■ PRESCHOOL

Growing Tree	562-430-2434
Sun N Fun	562-430-4384
Seal Beach Playgroup	562-594-0066

## ■ LOCAL NEWS

Seal Beach TV 3	562-596-1404 Community Access
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## ■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm
Address	211 8th Street, Seal Beach, CA 90740 (562) 431-2527, Ext. 1307
Ext. 1307	Adult Sports, General Information & Classes
Ext. 1306	Brochure/Classes, Instructors, Facility/Park Rentals and Community Gardens
Ext. 1341	Athletic Fields, Aquatics, Swim Lessons and Gym Reservations



City of Seal Beach- Community Services

SealBeachRec





## Summer Concert Series 2012

6-8pm • Eisenhower Park

If you haven't done so already come enjoy the last few bands of the Summer Concert Series. The Seal Beach Chamber of Commerce, along with individual band sponsors have made these events free to the public. For more information, call the Seal Beach Chamber of Commerce at (562) 799-0179.

**August 15 – Walking Phoenixes**

**August 22 - The Elm Street Band**

**August 29 - U2-Bart Davis**

## September 8 & 9 Seal Beach Arts and Crafts Faire

9am-5pm  
Eisenhower Park  
Located at the foot of the pier in Eisenhower Park. A variety of artwork and crafts will be available for purchase. For more information, call belinda at (562) 598-0116.



## October 7 97th Founders Day Celebration

Concert starts at 12:30pm • Eisenhower Park

Entertainment includes the Leisure World Band, Oak Choir, Los Alamitos Jazz Band and the Los Alamitos Marching Band.

## October 14 16th Annual Japan America Kite Festival

11am-4pm • Eisenhower Park  
Located at the foot of the pier at Eisenhower Park. The event includes kite demonstrations, music and a raffle. Everything is free to the public. For information call (562) 596-7991.



## December 15 Breakfast with Santa

8-10:30am  
Marina Community Center

First come first served. Seal Beach Community Services Department, cosponsored by the Seal Beach Lions Club. Take a family photo, jump in the bounce house, and sit on Santa's lap with your Christmas wish list. Make it a Seal Beach family affair! Marina Community Center is located at 151 Marina Drive.



## November 24 Tree Lighting Ceremony

Visit [www.sealbeachchamber.org](http://www.sealbeachchamber.org) for event details.



## December 7 Seal Beach Holiday Parade

7pm • Parade route is down Main Street

For more information, call 562-799-0179



## Ongoing Save Our Beach

9am-12pm • 1st Street Beach

Monthly Beach clean-up (3rd Saturday of each month) For more information, call Kim Masoner at (562) 884-6764.

## Exciting Opportunity! Red Car Museum members wanted!

Do you love history? Do you love the Red Car Museum? Then come and be a part of the Historical Society. We are looking for enthusiast members to join our team and share our history. We also have a community meeting every other month with interesting speakers. Join us!



### Membership Fees:

Youth \$7.00; Single \$15.00; Family \$25.00; Life \$200.00

## Baby Sign Language

Shannon Zeeman

Los Alamitos Community Center, 10911 Oak Street

You will learn hand movements using basic sign language. You and your baby will learn words such as please, thank you, more, Mom, Dad & so on. All of these words will let you know their wants & feelings. \$3 supply fee payable to instructor at first class.

411071-01	3 weeks	Mon	10/15-10/29	9:45-10:30am	Infant-2 yrs	\$40
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## Music & Movement

Danuta Klimczak

Seal Beach Senior Center, 707 Electric Ave.

Designed to provide a positive, challenging, learning environment for children to blossom musically and personally. Children will participate in musical games, singing, dancing, listening, and playing instruments. Program combines elements of Orff Schulwerk and Kodaly methods with traditional philosophies of musical education.

411061-01	6 weeks	Fri	9/14-10/19	10-10:45am		\$65
411061-02	6 weeks	Fri	9/14-10/19	11-11:45am		\$65
411061-03	6 weeks	Fri	11/2-12/14	10-10:45am		\$65
411061-04	6 weeks	Fri	11/2-12/14	11-11:45am		\$65

## Preschool Science Mania

O.C. Mad Science Instructor

Marina Community Center – Large Room, 151 Marina Dr.

This camp is a great introduction to Mad Science. The classes are designed specifically to meet the needs of preschool age kids. These hands on workshops provide an interactive science experience and spark up imaginative learning. A \$5 materials fee payable to instructor at first class.



427204-01	5 weeks	Tue	10/16-11/13	10-10:45am	2.5-5 yrs	\$70
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## Art Playground for Preschoolers

Easel Does It!

Marina Community Center – Large Room/Park, 151 Marina Dr.

Are you worn out from running in seven different directions, taking your kids to all their separate activities? What if you could bring them to the SAME class where fun & creativity are key? Each week, kids have the freedom to express their artistic style in our playground of stimulating arts & crafts stations. You take home the fabulous masterpieces; the mess stays with us! Dress for a mess & sign you child up today! NEW PROJECTS EVERY SESSION!!!! Parent participation required. \$20 materials fee due to instructor at first class.

411040-01	8 weeks	Wed	9/19-11/7	9:45-10:30am	18 mo-5 yrs	\$80
411040-02	8 weeks	Wed	9/19-11/7	10:45-11:30am	18 mo-5 yrs	\$80

## Kiddie Karate

Gary Pitts

Los Alamitos Community Center – Activity Room #1  
10911 Oak Street

Learn basic techniques and principles emphasizing the three "C's": coordination, confidence and concentration. Wear loose clothing. Parents remain outside during class. Meeting with the instructor can be done after class.

411050-01	4 weeks	Tue	9/18-10/9	5:30-6pm	3-5 yrs	\$30
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## Amiguitos

Priscilla Monserrate- Sanders

Los Alamitos Community Center – Craft Room, 10911 Oak Street

"Al Tambor" opens the circle where children are immersed in the Spanish language via music and movement, role play, and storytelling. Class includes a simple art project, lyrics, and resources for continuing the fun at home. Parent participation is required. Please do not bring unregistered siblings to class. \$25 supply fee payable to instructor, includes music CD. Visit [www.Bamboleokids.com](http://www.Bamboleokids.com). No class 11/19

411072-01	6 weeks	Mon	9/10-10/15	10-10:50am	2-4 yrs	\$65
411072-02	6 weeks	Mon	10/29-12/10	10-10:50am	2-4 yrs	\$65

## Bamboleo Amiguitos Hispanoparlantes



Gabriela Perez Ugalde

Los Alamitos Community Center – Craft Room, 10911 Oak Street

Via story time, kids will hear the sounds and cultural themes of different countries in Latin-America, from swish swashing of ocean waves to the singing of the little coqui, a beloved frog of the land. Parent participation is required. Please do not bring unregistered siblings to class. \$25 material fee payable to instructor for art supplies and three illustrated storybooks (w/ English translations), lyrics, and music/storytelling CD to take home. No Class 11/3 & 11/24

411078-01	6 weeks	Sat	9/8-10/13	10:15-11:05am	2-4 yrs	\$68
411078-02	6 weeks	Sat	10/27-12/15	10:15-11:05am	2-4 yrs	\$68

## Toddler Express

Reina Rivera

Los Alamitos Community Center – Craft Room, 10911 Oak Street

Join us for activities such as sensory stations, creative arts and crafts, learning games and bringing storybooks to life through puppetry. Children will learn socialization skills as they explore activities developing their motor and verbal skills all in a positive and nurturing atmosphere. New themes weekly for year-round fun! Parent participation is required. \$5 cash supply fee payable to instructor.

411073-01	6 weeks	Wed	9/12-10/17	9:30-10:15am	1-3 yrs	\$68
411073-02	6 weeks	Wed	10/24-11/28	9:30-10:15am	1-3 yrs	\$68

## Lil Explorers – I Spy Fall

Reina Rivera

Los Alamitos Community Center – Craft Room, 10911 Oak Street

This class will enhance your child's creativity and development through fun hands-on crafts and environmental concepts. Activities include I spy story time, music, movement, and puppetry. \$10 cash supply fee payable to instructor.

411074-01	6 weeks	Wed	9/12-10/17	10:30-11:15am	1-3 yrs	\$68
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## Lil Rock N' Rollers

Reina Rivera

Los Alamitos Community Center – Craft Room, 10911 Oak Street

Each class will incorporate instrumental jam sessions, musical learning games, stimulating props, creative crafts and a rock star puppet show! \$10 supply fee payable to instructor. \$15 cash supply fee payable to instructor on the first day of camp.

411075-01	6 weeks	Mon-Fri	10/24-11/28	10:30-11:15am	1.5-3.5 yrs	\$68
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## Pre-Ballet & Tap

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr.

Come learn Dance FUNdamentals in a creative first class for dancers! A great introduction to basic ballet and tap steps as well as improving social and motor skills. At session's end, we'll put on a show! Ballet and tap shoes required. No Class 10/31, 11/14, 11/21

412024-01	6 weeks	Wed	9/12-10/17	2-2:30pm	3-4 yrs	\$62
412024-02	5 weeks	Wed	10/24-12/12	2-2:30pm	3-4 yrs	\$52

## Tiny Tappers!

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr.

Noise! Noise! Noise! It's time for happy feet! All little dancers love their tap shoes, and this class will focus on learning the fun rhythms & steps of tap. No Class 10/31, 11/14, 11/21

412026-01	6 weeks	Wed	9/12-10/17	2:30-3pm	3-5 yrs	\$62
412026-02	5 weeks	Wed	10/24-12/12	2:30-3pm	3-5 yrs	\$52

## Tenny Tappers!

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr.

Time for happy tappin feet! Little dancers will learn the FUNdamentals of tap dancing! No Class 11/15 & 11/22

442031-01	6 weeks	Thu	9/13-10/18	9:35-9:55am	2-4 yrs	\$42
442031-02	6 weeks	Thu	10/25-12/13	9:35-9:55am	2-4 yrs	\$42

## Totally Tap

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr.

An in depth tap class, exploring the various styles & steps of tap. Please make sure tap shoes fit snug enough as dancers will be on toes, and cannot properly learn if heel slips out. No Class 11/15 & 11/22

411034-01	6 weeks	Thu	9/13-10/18	3:45-4:30pm	5-12 yrs	\$62
411034-02	6 weeks	Thu	10/25-12/13	3:45-4:30pm	5-12 yrs	\$62

## Baby Ballet

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr.

Come dance and play as "Mommy and Me" in Miss Anne's Baby Ballet. We'll dance with flowers, sing songs, and play instruments in this fun first class for future dancers. No Class 11/15 & 11/22

442032-01	6 weeks	Thu	9/13-10/18	9-9:30am	2-4 yrs	\$62
442032-02	6 weeks	Thu	10/25-12/13	9-9:30am	2-4 yrs	\$62

## Ballet/Tap Combo

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr.

Introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps. A great class for dancers of all levels! At session's end we'll put on a show. Ballet and tap shoes required. No Class 10/31, 11/14, 11/21

422021-01	6 weeks	Wed	9/12-10/17	3-3:45pm	5-8 yrs	\$62
422021-02	5 weeks	Wed	10/24-12/12	3-3:45pm	5-8 yrs	\$52

## Musical Theatre Stars

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr.

Calling all entertainers! Casting now... Needed: creative students interested in exploring dance, acting, and etc. Join Miss Anne and guest instructors in performing pieces from various favorite musicals. Students will learn musical theatre dance styles, while learning to connect acting and the emotions of the song to the choreography of the piece. Jazz or ballet shoes encouraged for class. No Class 10/31, 11/14, 11/21

422024-01	6 weeks	Wed	9/12-10/17	3:45-4:30pm	5-12 yrs	\$62
422024-02	5 weeks	Wed	10/24-12/12	3:45-4:30pm	5-12 yrs	\$52

## Princess Ballet

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr.

Calling all Princesses, Fairies and little Ballerinas! Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment! No Class 11/15 & 11/22

442033-01	6 weeks	Thu	9/13-10/18	3-3:45pm	4-7 yrs	\$62
442033-02	6 weeks	Thu	10/25-12/13	3-3:45pm	4-7 yrs	\$62

## Hip Hop

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr.

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! At session's end, we'll put on a show. Tennis shoes or Jazz shoes required. No Class 11/15 & 11/22

442034-01	6 weeks	Thu	9/13-10/18	4:30-5:15pm	5-12 yrs	\$62
442034-02	6 weeks	Thu	10/25-12/13	4:30-5:15pm	5-12 yrs	\$62

## Petit Ballerina

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr.

"Bonjour, Little Dancers!" Join Miss Anne in a magical adventure into the world of ballet: plies, sautés, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!" No Class 11/15 & 11/22

411030-01	6 weeks	Thu	9/13-10/18	5:15-5:45pm	2-4 yrs	\$62
411030-02	6 weeks	Thu	10/25-12/13	5:15-5:45pm	2-4 yrs	\$62

## Miss Anne's Pizza Party

Anne Pennypacker, North Seal Beach Center, 3333 Saint Cloud Dr

Let's rock around the Christmas tree with some groovy dance moves this holiday season! Join Miss Anne in an evening of games, dancing, storytelling and pizza! Pre-registration required. \$5 material fee payable to instructor – cash only.

442037-01	1 day	Sat	12/8	5-7pm	4+ yrs	\$10
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## Dance Recital

McGuagh Auditorium

411029-01	December 11, 2012	6-8:30pm	\$10
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## After School Sports, Activities & Homework Club

Scott Durzo & Staff

McGaugh Campus, 1698 Bolsa Ave.

\$200/pay as you go Kid Card

\$15-Mon, Tues, Thurs, Fri

\$20 Wednesdays (early out) and \$25 for Minimum Days until 4 pm

A fun positive place for homework assistance, after school activities, and sports. Emphasis is placed on learning, good sportsmanship, and encouraging your child to do their best! Participants are grouped by age and ability to ensure a positive experience. Please email Coach Scott directly if you have questions: scotttdurzo@mac.com. Camp is closed on holidays, staff development days, and student free days. \$4 per hour/\$3 per hour each additional child. A 2-hour minimum is charged each day your child participates. A \$200 pre-paid Kid Card is required prior to participation.

**Dates:** We follow the Los Alamitos Unified School District Calendar

**Time:** Immediately after-school until 6pm; including all minimum days.

427010-01	Mon-Fri	5-11 yrs	\$200
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## Co-ed Junior Volleyball Class



Maria Fattal

McGaugh Campus

1698 Bolsa Ave.

Learn to play volleyball this fall with players your age using a lite volleyball. Basic skills of passing, setting, serving, and hitting will be taught in a fun environment as well as coordination and strength exercises.

433062-01	10 weeks Sun	9/9-11/11	2-3:30pm	7-10 yrs	\$140
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## Co-ed Beg/Int Volleyball

Maria Fattal

McGaugh Campus

1698 Bolsa Ave.

Learn to play volleyball this fall. Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games.

433060-01	10 weeks Sun	9/9-11/11	12-2pm	10-14 yrs	\$150
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## Skatedogs Skateboard & Scooter Classes

Adam Cohen

Heartwell Park – Long Beach

5801 E Parkcrest Street

Whether you are just learning or ready to learn advanced tricks, this class is right for you. Make new friends, advance your skills, and most importantly, have fun in our private skatepark. All skaters will receive a Skatedogs T-shirt. Requirements: A signed Skatedogs waiver form, a skateboard or scooter, knee pads, elbow pads and a helmet. No Class 11/24

### Skateboard

423150-01	6 weeks Sat	9/15-10/20	9-10:30am	6+ yrs	\$150
423150-02	6 weeks Sat	11/3-12/15	9-10:30am	6+ yrs	\$150

### Scooter

423150-03	6 weeks Sat	9/15-10/20	9-10:30am	6+ yrs	\$150
423150-04	6 weeks Sat	11/3-12/15	9-10:30am	6+ yrs	\$150

## Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!" Class status hotline: (888) 372-5803.

## Mommy/ Daddy & Me Soccer

Kidz Love Soccer Staff, Heather Park, Heather St @ Lampson Ave.

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/ Daddy & Me Soccer, parents are part of the action, not watching from the sidelines!

423995-01	7 weeks Tue	9/18-10/30	3:30-4pm	2-3.5 yrs	\$78
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## Tot Soccer

Kidz Love Soccer Staff, Heather Park, Heather St @ Lampson Ave.

Little tykes will enjoy running and kicking just like big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting.

423996-01	7 weeks Tue	9/18-10/30	4:10-4:40pm	3.5-4 yrs	\$78
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## Pre Soccer

Kidz Love Soccer Staff, Heather Park, Heather St @ Lampson Ave.

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting.

423997-01	7 weeks Tue	9/18-10/30	4:40-5:15pm	4-5 yrs	\$78
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## Soccer 1

Kidz Love Soccer Staff, Heather Park, Heather St @ Lampson Ave.

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting.

423998-01	5 weeks Tue	9/18-10/16	5:15-6pm	5-6 yrs	\$57
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## Karate Beginning/Advanced

Gary Pitts

Los Alamitos Community Center – Activity Room #1, 10911 Oak Street

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu." Parents should remain outside classroom.

422051-01	4 weeks Tue	9/18-10/9	6:05-6:50pm	6+ yrs	\$35
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## Westminster ICE

13071 Springdale, Westminster ; Fee: \$37/4weeks

Continuous 4 week sessions are offered for the following classes:

- Parent & Me Ice Skating (3-5 years)
- Skating for Tots (3-5 years)
- Beginning Ice Skating (6-16 years)
- ICE Skating for Adults (17+ years)
- ICE Hockey Skating Skills (6-16 years)

Class fee includes skate rental, half hour of instruction and a free weekly practice session on your registered class day. All classes taught by Westminster ICE Staff. Dress warmly in layers and bring gloves or mittens. Please check in at least 15 minutes prior to class start time at the first class. See flyer at Community Centers or online at [www.sealbeachca.gov](http://www.sealbeachca.gov) for individual class descriptions, dates, and times. Pre-Registration required through the Community Services Department for all classes.



## Mini-Gym

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr.

An introduction to gymnastic fundamentals, developing motor skills to serve as a prelude for future tumblers! A creative first class to develop strength and coordination in little gymnasts. Parent participation required. No class 11/13 & 11/20

411031-01	6 weeks	Tue	9/11-10/16	3-3:30pm	2.5-4 yrs	\$72
411031-02	5 weeks	Tue	10/23-12/4	3-3:30pm	2.5-4 yrs	\$62

## Pre-School Gymnastics

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr.

Class is structured to introduce floor work such as bridge, cartwheels, frogstands and more. Gymnastics will also improve strength, balance and skills in this fun and fast paced class! No class 11/13 & 11/20

411032-01	6 weeks	Tue	9/11-10/16	3:30-4pm	4-6 yrs	\$72
411032-02	5 weeks	Tue	10/23-12/4	3:30-4pm	4-6 yrs	\$62

## Gymnastics Level 1

Anne Pennypacker

Marina Community Center – Large Room, 151 Marina Dr.

A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. A wonderful class for athletes and dancers as well! No class 11/13 & 11/20

411033-01	6 weeks	Tue	9/11-10/16	4-4:45pm	6-10 yrs	\$72
411033-02	5 weeks	Tue	10/23-12/4	4-4:45pm	6-10 yrs	\$62

## Discovery Creativity

Nicole Eastly

Fire Station 48 – Community Room, 3131 N. Gate Rd

Creativity enables us to solve problems, build a satisfying life, identify and pursue goals, and enjoy every day experiences. It's also what employers want. Learn about what creativity is and does, and how to apply it to our lives. \$5 material fee payable to instructor at first class. See [www.discoverycreativity.com](http://www.discoverycreativity.com) for more information.

426031-01	5 weeks	Sat	9/15-10/13	3:30-5pm	11-14 yrs	\$62
426031-02	5 weeks	Sat	10/20-11/17	3:30-5pm	11-14 yrs	\$62

## Mad Science: Super Science Night

O.C. Mad Science Instructor

Marina Community Center – Large Room, 151 Marina Dr.

Science Nights provide an amazing opportunity to bring students and Mad Scientists together for a night filled with education, entertainment and parents get the night off! We bring fascinating displays and hands-on experiments that allow kids to engage in scientific learning. 10/20: Spook-tacular Sensations! Dinner and snack included. All children must be potty trained. \$5 materials fee due at the door.

427203-01	1 day	Sat	10/20	5:30-9:30pm	3-13 yrs	\$35
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## Fashion Sketching 1

Claudia Hindu

Fire Station 48 – Community Room, 3131 N. Gate Rd

This 2 hour a week class will help students develop their own style of fashion illustration with pencil and markers. Students will learn to draw women, men, and children's fashion models used as a basis for drawing the idealized proportions. No prerequisite required. \$20 material fee payable to instructor at first class meeting.

412032-01	5 weeks	Tue	10/2-10/30	4:30-6:30pm	9+ yrs	\$109
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## Children's Library Programs

at Mary Wilson Library

**Call for program information**

**Kids' Crafts**

First Saturday of every Month  
All day program

### Library Hours

Mon: 12-8pm, Tues: 12-8pm • Wed: 10am-6pm • Thurs: 10am-6pm • Sat: 10am-5pm  
Closed Friday and Sunday

**For more information, call 562-431-3584**

Free programs presented by the Seal Beach Friends of the Library.

## Jazzercise

**Tiffany Daly**

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. No Class 12/15

### North Seal Beach Center, 3333 Saint Cloud Dr.

442044-01	6 weeks	Mon & Wed	9/10-10/17	6-7pm	13+ yrs	\$50
442044-02	6 weeks	Mon & Wed	10/22-11/28	6-7pm	13+ yrs	\$50
442044-03	4 weeks	Mon & Wed	12/3-12/26	6-7pm	13+ yrs	\$30

### Marina Community Center, 151 Marina Dr.

442042-01	6 weeks	Tue & Thu Sat	9/11-10/18	6-7pm 8:30-9:30am	13+ yrs	\$70
442042-02	6 weeks	Tue & Thu Sat Thu	10/23-12/1 11/22	6-7pm 8:30-9:30am 8-9:30am	13+ yrs	\$70
442042-03	4 weeks	Tue & Thu Sat	12/4-12/29	6-7pm 8:30-9:30am	13+ yrs	\$40

## Intermediate Ballroom

**Anne Pennypacker**

**Marina Community Center – Large Room, 151 Marina Dr.**

Geared towards students with some basic dance experience, Intermediate Ballroom is the class for you! Refine the basics and add more step patterns to spice up your dancing! Partner not necessary. No Class 11/12 & 11/19

444021-01	6 weeks	Mon	9/10-10/15	8:30-9:30pm	18+ yrs	\$65
444021-02	6 weeks	Mon	10/22-12/10	8:30-9:30pm	18+ yrs	\$65

## Argentine Tango

**Anne Pennypacker**

**Marina Community Center – Large Room, 151 Marina Dr.**

Join me in the passionate lovely dance from the streets of Buenos Aires. Learn ochos, ganchos, parada and more! Discover the "milongueo, milonguera" within! No Class 11/13 & 11/20

<b>Level 2</b>						
442038-01	6 weeks	Tue	9/11-10/16	7:30-8:30pm	18+ yrs	\$65
<b>Level 2</b>						
442038-02	5 weeks	Tue	10/23-12/4	7:30-8:30pm	18+ yrs	\$55
<b>Level 1</b>						
442038-03	6 weeks	Tue	9/11-10/16	8:30-9:30pm	18+ yrs	\$65
<b>Level 1</b>						
442038-04	5 weeks	Tue	10/23-12/4	8:30-9:30pm	18+ yrs	\$55

## Line Dancing

**Anne Pennypacker**

**Marina Community Center – Large Room, 151 Marina Dr.**

Let's kick up our heels and get moving! Join me in dancing both Latin and Country Line Dances, such as Mambo I, Boot Scoot Boogie, Red Hot Salsa and more! A great way to get fit while having fun! No Class 10/31, 11/14, 11/21

442027-01	6 weeks	Wed	9/12-10/17	6:30-7:15pm	18+ yrs	\$65
442027-02	5 weeks	Wed	10/24-12/12	6:30-7:15pm	18+ yrs	\$55

## Adult Hip Hop

**Anne Pennypacker**

**Marina Community Center – Large Room, 151 Marina Dr.**

Let's get our bodies moving to the upbeat sounds of hip hop! Not only will this class be a fun way to get a workout, but a great way to look better on any dance floor! You'll learn a new routine every session. No Class 10/31, 11/14, 11/21

442028-01	6 weeks	Wed	9/12-10/17	7:15-8:15pm	18+ yrs	\$65
442028-02	5 weeks	Wed	10/24-12/12	7:15-8:15pm	18+ yrs	\$55

## Cha Cha!

**Anne Pennypacker**

**Marina Community Center – Large Room, 151 Marina Dr.**

Learn the hottest Latin dance, the Cha Cha! This class will teach beginner to intermediate Cha Cha steps, hot combinations and rhythms to make you move! Partner not necessary.

442025-01	6 weeks	Wed	9/12-10/17	8:15-9:15pm	18+ yrs	\$65
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## Swing!

**Anne Pennypacker**

**Marina Community Center – Large Room, 151 Marina Dr.**

This class is designed to teach all levels of dancers how to dance at any social event of club, this class will cover the moves of the hustle & various styles of swing dance. Learn basic to complex (guys!) and follows (ladies!) to get your disco feet ready! Partners are not necessary. No Class 10/31, 11/14, 11/21

444022-01	5 weeks	Wed	10/24-12/12	8:15-9:15pm	18+ yrs	\$55
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## Adult Tap

**Anne Pennypacker**

**Marina Community Center – Large Room, 151 Marina Dr.**

An amazing workout and fun at the same time! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. No Class 11/15 & 11/22

442026-01	6 weeks	Thu	9/13-10/18	7:15-8pm	18+ yrs	\$65
442026-02	6 weeks	Thu	10/25-12/13	7:15-8pm	18+ yrs	\$65

## Adult Ballet/Jazz

**Anne Pennypacker**

**Marina Community Center – Large Room, 151 Marina Dr.**

Class will begin with floor warm-ups, ballet barre and center floor. Halfway through, we'll speed it up with various styles of jazz combinations, movements and a routine. No Class 11/15 & 11/22

442040-01	6 weeks	Thu	9/13-10/18	8-9pm	18+ yrs	\$65
442040-02	6 weeks	Thu	10/25-12/13	8-9pm	18+ yrs	\$65

## Halloween Ballroom Party

**Anne Pennypacker**

**North Seal Beach Center, 3333 Saint Cloud Dr**

Come dressed in your best...costume that is- and learn some fun new moves! A dance party to remember, full of games & prizes and monsters on the dance floor.

442024-01	1 day	Sat	10/27	7:30-9:30pm	18+ yrs	\$15
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## FocusED

Scott Durzo

Fire Station 48 – Community Room, 3131 N. Gate Rd.

Our FocusEd class will ignite your photographic passion, help you understand your camera functions, and you will start taking more stunning photos with confidence. Getting the basics right with our FocusEd photography workshop will allow you to take better travel pictures, snapshots, and become creative with your camera. You'll learn what all those buttons and dials do, settings to use in any lighting condition, and what kind of camera to buy if you don't already have one. You'll understand concepts like exposure, aperture, depth of field, ISO and shutter speed, and probably start using manual and semi-auto modes more often. As the holiday season approaches, giving one of your FocusEd photography workshop photos as a personally inspired gift to family, friends, or neighbors can be a memorable option! FocusEd is suitable for the beginner to the creative; from teen to extreme. All are welcome! Bring a fully charged digital camera to class.

446055-01 3 days Sat 9/15, 10/20, 11/10 10am-12pm All Ages \$115

## Guitar Beginning

Jim Fagen

Los Alamitos Community Center – Lounge, 10911 Oak Street

This class is designed for the beginner and it will gently teach the fundamentals of guitar including chords, picking and tablature. Bring guitar. Adults are cordially invited too!

466070-01 6 weeks Thu 10/11-11/15 5:30-6:30pm 9+ yrs \$74

## Puppy Kindergarten

Khara Knight, Dog Services Unlimited Trainer  
Laurel Park, 10862 Bloomfield

Start your puppy off on the right paw. Establish good manners and socialization skills at an early age through simple obedience training, emphasizing positive reinforcement and gentle handling. For puppies 2-5 months. We'll also discuss housebreaking, chewing, nipping, health tips, and other puppy care topics. Graduation certificates presented at the last class. Please bring current vaccination records and \$10 insurance/ awards fee to first meeting. First meeting is an orientation, to be held WITHOUT DOGS inside Los Alamitos Community Center (10911 Oak St). Otherwise all other classes will be held at Laurel Park- corner of Katella & Bloomfield in Los Alamitos.

466039-01 6 weeks Thu 9/20-10/25 7:30-8:30pm 9+ yrs \$72

## Dog Obedience

Khara Knight, Dog Services Unlimited Trainer  
Laurel Park, 10862 Bloomfield

All breeds of dogs 6 mos & older (larger breeds 4 mos & older) welcome. All basic obedience commands (heel, automatic sit, sit-stay, down-stay, stand & come) will be covered, as well as discussions on correction of various behavior problems. Hand signals, long distance work, & an intro to off leash control & boundary training included. Trophies & certificates awarded at graduation. Please bring current vaccination records and \$5 insurance/ awards fee to first meeting. First meeting is an orientation, to be held WITHOUT DOGS inside Los Alamitos Community Center (10911 Oak St). Otherwise all other classes will be held at Laurel Park- corner of Katella & Bloomfield in Los Alamitos. Handlers ages 9 yrs to adults.

466040-01 8 weeks Thu 9/20-11/8 6:30-7:30pm 9+ yrs \$82



## First Aid, APR, AED Training & Certificate

Erik Berg

Fire Station 48 – Community Room, 3131 N. Gate Rd.

Classes are designed to teach individuals basic CPR, First Aid and use of an Automatic external defibrillator (AED). Participants will receive two cards; one from the American Safety and Health Institute and a card from Medic First Aid. \$25 book fee payable to instructor at class.

446031-01	1 day	Sat	9/8	9am-3pm	16+ yrs	\$45
446031-03	1 day	Sat	10/6	9am-3pm	16+ yrs	\$45
446031-04	1 day	Sat	10/27	9am-3pm	16+ yrs	\$45
446031-05	1 day	Sat	11/17	9am-3pm	16+ yrs	\$45

## Renewal Class: CPR & AED

Erik Berg

Fire Station 48 – Community Room  
3131 N. Gate Rd.

CPR & AED RENEWAL ONLY. First Aid card must be current. This is a hands-on class. \$5 material fee payable to the instructor at class.

446031-02	1 day	Sat	9/22	9-11:30am	18+ yrs	\$25
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## Intro to Digital Photography

Roy Boorman

Long Beach Rec & Marine Adm Building  
2760 Studebaker Rd.

Everything you will need to know to enter the new and exciting world of Digital Photography. We will discuss cameras, explain all the different icons and menus and help you get a better understanding of your camera. Bring your camera and your camera's manual to class. We will discuss getting your pictures from your camera to the computer. \$5 materials fee payable at first class.

446050-01	2 weeks	Wed	9/12-9/19	7-9:30pm	18+ yrs	\$50
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## Intermediate Digital Photography

Roy Boorman

Long Beach Rec & Marine Adm Building  
2760 Studebaker Rd.

Take digital photography to a new level with the power of Adobe's Photoshop Elements. We will learn the 5 steps to Basic Image Editing and more of the features of PE. Although not required, if you have Photoshop Elements it would be helpful. Also, we will briefly discuss printing and scanning. \$5 supply fee paid to instructor at class.

446051-01	2 weeks	Wed	9/26-10/3	7-9:30pm	18+ yrs	\$50
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## Better Pictures from your Digital Camera

Roy Boorman

Long Beach Rec & Marine Adm Building  
2760 Studebaker Rd.

We will explore 27 ways to get better photos from your digital camera. These will include composition, your camera's controls, lighting, color, when to shoot, workflow and some of the pitfalls to better photography. This is a more advanced course more suited for those of you who have cameras that have controls to adjust aperture and shutter. Bring your camera and your camera's manual to class. \$5 material fee is payable to the instructor at the first class.

446052-01	2 weeks	Wed	10/10-10/17	7-9:30pm	18+ yrs	\$50
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## Art for Adults

**Claudia Hindu**

**Fire Station 48- Community Room, 3131 N. Gate Rd**

Students will be taught drawing fundamentals, including contour drawing, perspective, shading, proportion and still life rendering. Mixed media will be used. No prerequisite required. \$10 material fee payable to instructor at first class meeting.

412034-01	10 weeks	Tue	10/2-12/4	9-10am	18+ yrs	\$120
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## Art for Adults 2

**Claudia Hindu**

**Fire Station 48- Community Room, 3131 N. Gate Rd**

Students will be taught more basic techniques such as principles of linear perspective drawing as well as more advanced techniques such as three point perspective. Mixed media will be used. Prerequisite: Art for Adults 1. \$5 material fee payable to instructor at first class meeting.

412035-01	10 weeks	Tue	10/2-12/4	10-11am	18+ yrs	\$70
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## Social Networking for Beginners

**Bob Cohen**

**Los Alamitos Community Center – Meeting Room/Craft Room  
10911 Oak Street**

Facebook, Twitter, LinkedIn, and Blogs have changed how people are using the internet. Whether you want to stay in touch with family and friends or learn how to leverage social networking for your business or career, this workshop is designed to give you an understanding of these exciting tools and how each one differs and can be used to its best advantage. Learn how these popular Social Networking sites work, how to set up accounts, find friends, family members, and groups, and how to establish connections using the most popular Social Networking services. \$20 supply fee payable to instructor.

446037-01	1 day	Tue	11/20	6:30-9:30pm	18+ yrs	\$38
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## Improving PC Performance

**Bob Cohen**

**Los Alamitos Community Center – Meeting Room  
10911 Oak Street**

Speed up your personal computer and keep it free of spyware, virus software and old files and applications that can slow it down. Students will learn valuable tips and techniques that can solve common computer problems and save you from long tech support calls or an upgrade that you do not need. The course also will cover the top ten things to know to keep your PC "tuned." \$20 supply fee payable to instructor.

446034-01	1 day	Tue	10/2	6:30-9:30pm	18+ yrs	\$38
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## Advanced PC Troubleshooting



**Erik Dreyer – Goldman**

**Fire Station 48 – Community Room, 3131 N. Gate Rd.**

This workshop is for intermediate /advanced users only. Focus will be on teaching advanced troubleshooting of common PC issues such as blue screens, rebooting PCs, non-booting PC's, crashing PC's, virus/spyware and more! \$10 CD/DVD and handout fee with useful utilities/ information payable to the instructor at the class.

446045-01	1 day	Tue	9/4	6:30-8:30pm	All Ages	\$45
446045-02	1 day	Tue	9/18	6:30-8:30pm	All Ages	\$45



## iPhones, iPads, iTunes

**Bob Cohen**

**Los Alamitos Community Center – Meeting Room/Craft Room  
10911 Oak Street**

There is so much more to do with an iPhone® and an iPad® besides making a phone call, sending text messages and browsing the web! While these gadgets are cool, we first need to figure out how to use them! In this class you'll learn to set-up your iPhone® or iPad® for email, texting, WiFi networks, Bluetooth®, and how to sync with your computer using iTunes, as well as take terrific pictures, send them to friends, install apps and make your iPhone® and iPad® even smarter. \$20 supply fee payable to instructor.

446035-01	1 day	Tue	9/11	9am-12pm	18+ yrs	\$38
446035-02	1 day	Wed	11/7	6:30-9:30pm	18+ yrs	\$38





## Jacki Sorensen's Fitness/Dance Class

Martha Stegen

North Seal Beach Center, 3333 Saint Cloud Dr.

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock'n Roll, Country, Hip Hop, and more! Our classes are effective, exciting and fun! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional. No Class 11/22

442030-01 14 weeks Tue & Thu 9/4-12/13 4:30-5:30pm 16+ yrs \$137

## Intro to Yoga

Suzy Hazard

Seal Beach Senior Center, 707 Electric Ave.

A series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. Special focus on learning skills to reduce stress & enhance the immune system. Wear loose, comfortable clothing. Bring a sticky mat & towel.

4 42068-01 7 weeks Tue 9/18-10/30 4:30-5:30pm 18+ yrs \$52

## Hatha Yoga

Suzy Hazard

Seal Beach Senior Center, 707 Electric Ave.

Hatha yoga is a series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel. No Class 11/6

442070-01 12 weeks Tue 9/4-11/27 5:45-7pm 18+ yrs \$89

## Tai Chi Chih I

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave.

Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful, flowing movements tone muscles, align the body & enhance flexibility while promoting a peaceful mind. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness.

442073-01 5 weeks Mon 9/24-10/22 6:45-7:45pm 15+ yrs \$40

442073-02 5 weeks Mon 10/29-11/26 6:45-7:45pm 15+ yrs \$40

## Tai Chi Chih II

Suzanne Roady-Ross

Seal Beach Senior Center, 707 Electric Ave.

Refine your practice and deepen the benefits of this simple but powerful moving meditation. Reduce stress and experience peace within and thereby promoting wellness.

442077-01 5 weeks Mon 9/24-10/22 5:30-6:30pm 15+ yrs \$40

442077-02 5 weeks Mon 10/29-11/26 5:30-6:30pm 15+ yrs \$40

## Pilates Beginning

Patricia Griswold

Seal Beach Senior Center, 707 Electric Ave.

Geared for the new students. The Pilates method of physical and mental conditioning will change your body to be fitter, stronger, and more attractive by slimming muscles, increasing strength and flexibility, improving posture, body alignment and coordination. Continuing program, must attend 1st session to register for the second session. There will be 4 sessions that consist of 5 classes a session before moving up to the Intermediate level. The Pilates Beginning program will be the most important sessions you will experience. New students are encouraged to attend all 20 classes. To see if you are a good fit for this beginners class please call Patricia at (562) 366-4381. Please bring a floor mat. Classes are subject to cancellation if class minimum is not met. No Class 10/19 & 11/23

442072-01 6 weeks Fri 9/28-11/2 2:30-3:30pm 18+ yrs \$52

442072-02 6 weeks Fri 11/9-12/14 2:30-3:30pm 18+ yrs \$52

## Pilates Intermediate

Patricia Griswold

Seal Beach Senior Center, 707 Electric Ave.

For returning students ONLY. This class can only be taken by students who have completed the Pilates Beginning program. New students who have not trained with Patricia Griswold are welcome to try a free assessment class to determine if this would be the appropriate level for them. Intermediate level is a continuation of the fundamental work followed by more challenging exercises adding strength and coordination to the Pilates experience.

442069-01 5 weeks Mon 9/24-10/22 11:30am-12:30pm 18+ yrs \$52

442069-02 5 weeks Mon 10/29-11/26 11:30am-12:30pm 18+ yrs \$52

442069-03 2 weeks Mon 12/3-12/10 11:30am-12:30pm 18+ yrs \$22

## Pilates Advanced

Patricia Griswold

Seal Beach Senior Center, 707 Electric Ave.

For returning students ONLY. Expansion of beginning posture, alignment and flexibility. Please bring a floor mat. Students will safely increase strength, flexibility and stamina. Proper breathing techniques will be taught. Come rebuild your core strength! Bring water and an exercise mat. Classes are subject to cancellation if class minimum is not met. No Class 10/19 & 11/23

442071-01 5 weeks Fri 9/28-11/2 1:15-2:15pm 18+ yrs \$52

442071-02 5 weeks Fri 11/9-12/14 1:15-2:15pm 18+ yrs \$52

## Beach Boot Camp

Bryce Turner

Seal Beach - 10th St, 10th St @ Ocean Ave.

Join Seal Beach's exclusive Beach Boot Camp, taught by Beach Fitness, and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your ENTIRE body with this INTENSE workout. No class 11/24

442062-01 6 weeks Sat 9/8-10/13 8-9am 12+ yrs \$69

442062-02 6 weeks Sat 10/20-12/1 8-9am 12+ yrs \$69



## Flow Yoga

**Renee Ferguson**  
Eisenhower Park- Bluff, 900 Ocean Ave.

Geared toward all yoga levels. Emphasis on vinyasa, core, & balancing. Bring a mat or towel and water. Punch cards available at \$15 a class.



442081-01	3 weeks	Tue-Thu	9/4-9/20	9-10am	18-70 yrs	\$110
442081-02	3 weeks	Tue-Thu	9/25-10/11	9-10am	18-70 yrs	\$110
442081-03	3 weeks	Tue-Thu	10/16-11/1	9-10am	18-70 yrs	\$110
442081-04	3 weeks	Tue-Thu	11/6-11/21	9-10am	18-70 yrs	\$98
442081-05	3 weeks	Tue-Thu	11/27-12/13	9-10am	18-70 yrs	\$110

## Aikido for Adults

**Steve Wasserman**  
North Seal Beach Center, 3333 Saint Cloud Dr.

This course focuses on the art of "Aikido" self-defense. Aikido translates to "the way of harmonizing the spirit". Students will learn the principles of falling, rolling, and defense techniques against punches, strikes, knife attacks, control and blending with your opponent, mat safety, and self-defense awareness. Wear sweats and no jewelry. Martial arts gi are optional and can be purchased separately (\$40- \$65). Belt testing is an optional \$40. All students that attend the classes must have the ability to roll and fall at a moderate pace and will be allowed to participate only per instructor's discretion. Some Saturday's to be announced 9:30am-11am.

442050-01	13 weeks	Mon & Wed	9/5-11/28	7:30-9:30pm	18+ yrs	\$130
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## Intro to Stand up Paddleboarding

**Chas Wickwire**  
Seal Beach - 1st St. Beach Parking Lot @ Ocean Ave

Please indicate your date preference on the registration form. Register through the Community Services Office, registration will not be accepted at the class.



467051-01	1 day	Mon-Sun	9/3-12/9	8-9:30am	10+ yrs	\$89
467051-02	1 day	Mon-Sun	9/3-12/9	10-11:30am	10+ yrs	\$89

## Stand up Paddleboarding Core Training

**Chas Wickwire**  
Seal Beach - 1st St. Beach Parking Lot @ Ocean Ave

Please indicate your 3 date preferences on the registration form. Register through the Community Services Office, registration will not be accepted at the class.



467052-01	3 days	Mon-Fri	9/3-12/7	8-9:30am	10+ yrs	\$180
467052-02	3 days	Mon-Fri	9/3-12/7	10-11:30am	10+ yrs	\$180

## Open Gym Volleyball

**Maria Fattal, McGaugh Campus**  
1698 Bolsa Ave

This program is for individuals looking to play extra volleyball games on a recreational level. The gym and play is supervised by experienced volleyball professionals. Multiple courts are available based on skill level. Pre-registration is not required. For additional information please call (562) 431-2527 x: 1341.



443060-01	Wed	9/5-12/5	7-9pm	\$4
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## Basketball League

\$350 per team/10 game season, plus \$25 per game for referees. For more information, e-mail Mlee@sealbeachca.gov or call Marquis Lee at (562) 431-2527 x: 1307.



## Softball League

\$400 per team. For more information, contact Marquis Lee in the Community Services Department at (562) 431-2527 x: 1307, or e-mail Mlee@sealbeachca.gov.



## Private Surf Lesson

**Chas Wickwire**  
Seal Beach - 1st St. Beach Parking Lot @ Ocean Ave

Chas is a two-time National Amateur Surfing Champion with over 30 years of surfing experience. With a B.A. in communication, Chas will share his surfing knowledge in a positive, safe, fun-filled environment. Courses teach basic ocean knowledge, line-up etiquette, surfing techniques and good safety habits. All ages are welcome! Surfboards & wetsuits provided. \*Please indicate your date preference on the registration form. Register through the Community Services Office, registration will not be accepted at the class.

467050-01	1 day	Mon-Fri	9/3-12/7	8-9:30am	All Ages	\$95
467050-02	1 day	Mon-Fri	9/3-12/7	10-11:30am	All Ages	\$95

## M&M Surf Camps

**Michael Pless**  
Fee: 1 week/ \$250; 1 Day/ \$65  
8th St. Beach, 8th St @ Ocean Ave

Michael Pless, owner and operator of M & M Surfing School has been teaching for over 25 years and has over 50 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. \*Please indicate your week preference on the registration form. Register through the Community Services Office, registration will not be accepted at the class.

467061-01	Mon-Sun	*9/1-12/8 (weekly ongoing classes)	8am-12pm	All Ages
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## M&M Surf - Private Lessons

\$80/hr Call Michael Pless at (714) 846-7873 for schedule your private surf lesson.



# McGaugh Community Pool

McGaugh School • 1698 Bolsa Ave, Seal Beach Blvd. • Pool Office (562) 430-9612

Community Services Office (562) 431-2527

The McGaugh Pool was built in 1964. It is 25 yards in length and has six lanes open for lap swimming. The water temperature is maintained at 80 degrees and an outdoor, warm water shower with limited dressing rooms are available.

## Fall Adult & Youth Lap Swim

This is an ongoing fitness/workout program for lap swimming. Pool is closed on national holidays.

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Daily fee: \$3
Monday-Friday	11am – 1pm	Adult /16+ yrs	16 swim pass: \$40
Monday-Friday	6:30pm – 8pm	Adult /16+ yrs	34 swim pass: \$80
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	Unlimited Annual pass: \$200 (No guests)
Monday-Friday	6pm – 6:30pm	Youth	Daily fee: \$2
Saturday & Sunday	8am – 9am	Youth	16 swim pass: \$32

## Private Swim Lessons

Please call the Community Services Department at (562) 431-2527 x1341 for more information.

## Seal Beach Swim Team

The Seal Beach Swim Team is a privately operated team that conducts practices at McGaugh Community Pool. For Swim Team information, call Maria Fattal, a parent volunteer, directly at (562) 430-1092.

## Deep Water Aerobics

Cheryl von der Hellen

McGaugh Campus, 1698 Bolsa Ave

This deep water exercise develops total fitness. You must purchase your own Buoyancy Cuffs to participate in class. Call Recreation office for details. You will burn calories while improving endurance, flexibility and strength.

444010-01	5 weeks	Mon & Wed	9/10-10/10	5:30-6:30pm	18+ yrs	\$55
444010-02	5 weeks	Mon & Wed	10/15-11/14	5:30-6:30pm	18+ yrs	\$55
444010-03	5 weeks	Mon & Wed	11/19-12/19	5:30-6:30pm	18+ yrs	\$55

## Deep Water Aerobics

This quarter we are highlighting a class/instructor that has brought many students happiness and results. **Cheryl von der Hellen** has been teaching water aerobics for over a decade now and has no signs of slowing down.



"In June of 1993, I started taking Water Aerobics. I was hooked – I love the water and anything associated with it. In January of 2001, the instructor for the class didn't show up so I started teaching it unofficially. I was asked by the Recreation Department to be the

teacher and as they say, the rest is history. The pool became not only a place to exercise, but also a place where I could meet with friends and unwind from the day to day craziness of my life. I think I can say that this is true of everyone in the class. We all have physical issues we are dealing with or hoping to avoid, but the camaraderie we all experience is what brings us back."



"The class was welcoming and Cheryl was outstanding at making me feel at ease doing the workout and letting me know it was ok not to be perfect. Cheryl and the class of warm caring people have helped my body and mind."

Former Student – Kay Schagrin

Classes taught by Seal Beach Community Services and USPTA Certified Tennis Pro Instructor Brian Collison. Players must bring their own tennis racquet and wear tennis shoes to class. Classes may be combined or cancelled if minimum is not met. New classes may be created if maximums are exceeded. Players may request particular Class Titles, Times, and Locations if courts are available and minimums are met. Please contact Seal Beach Community Services Department for availability (562) 431-2527 x 1307.

### Marina Park • 151 Marina Drive • (562) 431-2527 x:1344

CLASS #	DAY	CLASS TITLE	Session	DATES	WEEKS	TIME	AGE	PRICE	MIN	MAX
433020-01	Monday	Kids-Beginning	1	9/10-10/15	6	3:00-3:30pm	4-6 yrs	\$47	3	6
433020-02		Kids-Beginning	2	10/22-11/26	6	3:00-3:30pm	4-6 yrs	\$47	3	6
433020-03		Kids-Advanced	1	9/10-10/15	6	3:30-4:00pm	5-6 yrs	\$47	3	6
433020-04		Kids-Advanced	2	10/22-11/26	6	3:30-4:00pm	5-6 yrs	\$47	3	6
433021-01		Juniors-Beginning	1	9/10-10/15	6	4:00-5:00pm	7-10 yrs	\$92	3	8
433021-02		Juniors-Beginning	2	10/22-11/26	6	4:00-5:00pm	7-10 yrs	\$92	3	8
433021-03		Juniors-Advanced	1	9/10-10/15	6	5:00-6:00pm	11-15 yrs	\$92	3	10
433021-04		Juniors-Advanced	2	10/22-11/26	6	5:00-6:00pm	11-15 yrs	\$92	3	10
433022-01		Adults-Beginning	1	9/10-10/15	6	6:00-7:00pm	16+ yrs	\$92	3	10
433022-02		Adults-Beginning	2	10/22-11/26	6	6:00-7:00pm	16+ yrs	\$92	3	10

### Heather Park • Corner of Heather and Lampson • (562) 431-2527 x1344

CLASS #	DAY	CLASS TITLE	Session	DATES	WEEKS	TIME	AGE	PRICE	MIN	MAX
433020-05	Tuesday	Kids-Beginning	1	9/4-10/9	6	3:00-3:30pm	4-6 yrs	\$47	3	6
433020-06		Kids-Beginning	2*	10/16-11/27	6	3:00-3:30pm	4-6 yrs	\$47	3	6
433020-07		Kids-Advanced	1	9/4-10/9	6	3:30-4:00pm	5-6 yrs	\$47	3	6
433020-08		Kids-Advanced	2*	10/16-11/27	6	3:30-4:00pm	5-6 yrs	\$47	3	6
433021-05		Juniors-Beginning	1	9/4-10/9	6	4:00-5:00pm	7-10 yrs	\$92	3	8
433021-06		Juniors-Beginning	2*	10/16-11/27	6	4:00-5:00pm	7-10 yrs	\$92	3	8
433021-07		Juniors-Advanced	1	9/4-10/9	6	5:00-6:00pm	11-15 yrs	\$92	3	10
433021-08		Juniors-Advanced	2*	10/16-11/27	6	5:00-6:00pm	11-15 yrs	\$92	3	10
433022-03		Adults-Advanced	1	9/4-10/9	6	6:00-7:00pm	16+ yrs	\$92	3	10
433022-04		Adults-Advanced	2*	10/16-11/27	6	6:00-7:00pm	16+ yrs	\$92	3	10

### Mcgaugh Campus • 1698 Bolsa Avenue • (562) 431-2527 x1344

CLASS #	DAY	CLASS TITLE	Session	DATES	WEEKS	TIME	AGE	PRICE	MIN	MAX
433020-09	Wednesday	Kids-Beginning	1	9/5-10/10	6	1:00-1:30pm	4-6 yrs	\$47	3	6
433020-10		Kids-Beginning	2*	10/17-11/28	6	1:00-1:30pm	4-6 yrs	\$47	3	6
433020-11		Kids-Advanced	1	9/5-10/10	6	1:30-2:00pm	5-6 yrs	\$47	3	6
433020-12		Kids-Advanced	2*	10/17-11/28	6	1:30-2:00pm	5-6 yrs	\$47	3	6
433021-09		Juniors-Beginning	1	9/5-10/10	6	2:00-3:00pm	7-10 yrs	\$47	3	8
433021-10		Juniors-Beginning	2*	10/17-11/28	6	2:00-3:00pm	7-10 yrs	\$47	3	8
433021-11		Juniors-Advanced	1	9/5-10/10	6	3:00-4:00pm	11-15 yrs	\$92	3	10
433021-12		Juniors-Advanced	2*	10/17-11/28	6	3:00-4:00pm	11-15 yrs	\$92	3	10



## Interim Tennis Center Manager Kevin McArdle

The City has selected Kevin McArdle as the new Interim Tennis Center Manager. Kevin has enjoyed a 30+ year career working for Southern California cities in all areas of Community Services and the Arts. For the last twenty-seven years, Kevin has served in a department head position managing the day-to-day programming and operations of a large department. In addition to managing ongoing department operations, Kevin has had the opportunity to serve as a design and construction project manager on many public projects.

Now retired from his full time municipal career, Kevin provides consulting services to various foundations, non-profits, churches and municipal departments to assist them with their special project, fundraising and strategic planning activities.

## Seal Beach Tennis Center • 3900 Lampson Ave • (562) 598-8624 • Open to the Public

CLASS #	DAY	CLASS TITLE	Session	DATES	WEEKS	TIME	AGE	PRICE	MIN	MAX
433020-13	Thursday	Kids-Beginning	1	9/6-10/11	6	3:00-3:30pm	4-6 yrs	\$47	3	6
433020-14		Kids-Beginning	2*	10/18-11/29	6	3:00-3:30pm	4-6 yrs	\$47	3	6
433020-15		Kids-Advanced	1	9/6-10/11	6	3:30-4:00pm	5-6 yrs	\$47	3	6
433020-16		Kids-Advanced	2*	10/18-11/29	6	3:30-4:00pm	5-6 yrs	\$47	3	6
433021-13		Juniors-Beginning	1	9/6-10/11	6	4:00-5:00pm	7-10 yrs	\$92	3	8
433021-14		Juniors-Beginning	2*	10/18-11/29	6	4:00-5:00pm	7-10 yrs	\$92	3	8
433021-15		Juniors-Advanced	1	9/6-10/11	6	5:00-6:00pm	11-15 yrs	\$92	3	10
433021-16		Juniors-Advanced	2*	10/18-11/29	6	5:00-6:00pm	11-15 yrs	\$92	3	10
433022-05		Adults-Beginning	1	9/6-10/11	6	10:00-11:00am	16+ yrs	\$92	3	10
433022-06		Adults-Beginning	2*	10/18-11/29	6	10:00-11:00am	16+ yrs	\$92	3	10
433022-07		Adults-Advanced	1	9/6-10/11	6	6:00-7:00pm	16+ yrs	\$92	3	10
433022-08		Adults-Advanced	2*	10/18-11/29	6	6:00-7:00pm	16+ yrs	\$92	3	10
433020-17	Friday	Kids- Match Play	1	9/7-10/12	6	3:30-5:30pm	5-6 yrs	\$62	2	
433020-18		Kids- Match Play	2*	10/19-11/30	6	3:30-5:30pm	5-6 yrs	\$62	2	
433021-17		Juniors-Match Play	1	9/7-10/12	6	3:30-5:30pm	7-15 yrs	\$62	2	
433021-18		Juniors-Match Play	2*	10/19-11/30	6	3:30-5:30pm	7-15 yrs	\$62	2	
433022-09		Adults-Match Play	1	9/7-10/12	6	3:30-5:30pm	16+ yrs	\$62	2	
433022-10		Adults-Match Play	2*	10/19-11/30	6	3:30-5:30pm	16+ yrs	\$62	2	

\* No Classes: 11/20, 11/21, 11/22, 11/23

Private and group lessons available. Personal training sessions available in the tennis center gym. Interested in private lesons or becoming a member? Call (562) 598-8624

Kids-Beginning Tennis 4-5 yrs. Introduce your youngster to the game of tennis. Hand-eye coordination, tracking, balance, movement, racquet and ball control will be developed in this fun-filled class.

Kids-Advanced Tennis 5-6 yrs. Designed for the child just learning the game of tennis. Proper grips, strokes, and movement drills will be learned in a fun-filled way.

Junior-Beginning Tennis 7-15 yrs. No experience. Students will learn the basics of tennis including: strokes, grips, ready positions, drills, and mini-games in this fun class.

Junior-Advanced Tennis 7-15 yrs. Students must contain knowledge of basic tennis strokes, grips, and ready positions. Students will work to improve on these items as well as developing winning strategies using drills and mini-games.

Adult-Beginning Tennis 16+ yrs. No experience. Students will learn the basics of tennis including: strokes, grips, rules, and ready positions using drills and mini-games.

Adult-Advanced Tennis 16+ yrs. Players must contain knowledge of basic tennis strokes, grips, and ready positions. Students will work to improve on these items as well as developing winning strategies using drills and mini-games.

## The City of Seal Beach Public Tennis Center

### General Public Hours of Operation:

Monday- Friday 12:00pm-9:30pm  
Saturday & Sunday 12:00pm- 5:30pm

### Reservations:

General Public may reserve courts  
four days ahead of time  
(Monday call for Thursday)

### Court Fees

12:00pm- 5:00pm – \$10 per hour per court.  
5:00pm- 9:30pm – \$12 per hour per court.  
Seal Beach Residents save \$2 per hour per court.  
Junior rates – \$5 per hour per court  
(17 & under).

*The adult rate applies if junior and adult play together.*

### Ball Machine

\$16.00 per hour. Member receives ½ off

### Lessons

Private and group lessons available  
from USPTA instructors. Personal  
training sessions available in the  
tennis center gym.

### Full Service pro shop

24- Hour Racquet Stringing.

Club house available for rental,  
call (562) 598-8624.

**Interested in becoming a member? Call (562) 598-8624**



## Senior Lunch Program

Seal Beach Community Services, in cooperation with Community Senior Serv, offers a hot, nutritious meal Monday through Friday at the North Seal Beach Center, located at 3333 Saint Cloud Drive. Besides maintaining the physical health of active older adults, the Lunch Program also works to enrich the emotional/physiological health of seniors by sponsoring a wide range of speakers, dances, games, health forums, and other social and educational activities. Meals, support services and transportation are available to all persons age 60+ on a donation basis. The Center is open Monday through Friday, 8am-2pm. Lunch is served at 11:15am. For more information, please call (562) 430-6079 between the hours of 11am and 1pm. If you need transportation to the senior lunch program, arrangements may be made with the City's Dial-A-Ride transportation company. This shuttle service is available to and from the North Seal Beach Senior Lunch Program site which is located in the Rossmoor Shopping Center.

## Senior Dial-A-Ride Program in Seal Beach

The Dial-A-Ride component of the program has traditionally offered to deliver a senior resident to any location within the three miles outside City Limits. Dial-A-Ride service is available Monday through Friday from 8 a.m. to 5 p.m., and can be utilized by calling (562) 439-3699 at least 24 hours in advance to schedule date, time, and location. The service can be made for any reason such as doctor's appointments, retail/grocery shopping (within City of Seal Beach), and dining excursions (within City of Seal Beach).

## Drivers Needed to Deliver Meals

Help us bring smiles to the faces of older adults living in your community. We are in need of volunteer drivers to deliver meals to homebound elders in Seal Beach who are unable to cook and/or shop for themselves. Drivers are needed for one hour a day, Monday thru Friday between 10am and 1pm. On-call backup drivers are also needed in the event that a regularly scheduled driver is unable to deliver. To volunteer, call (714) 220-0224.

## In Home Case Management

For older adults who are facing multiple problems, which they cannot resolve on their own, Community Senior Serv Case Managers are available to help them evaluate and find acceptable solutions to their individual needs. Referrals may be made by any concerned individual, physician, Social Service Worker, family member, neighbor, or the senior themselves, Monday through Friday, from 8am-5pm. For more information, call (714) 220-0224.

## Home Delivered Meals

For homebound individuals 60+ years of ages who are unable to shop/and or prepare meals for themselves, Community Senior Serv delivers three meals directly to their homes – a cold lunch, a frozen dinner, and breakfast items. These meals, which provide 100 percent of the U.S. Nutritional Recommended Dietary Allowance, are available five days per week. Suggested donation is \$4.50/day. For more information, call (714) 220-0224.

## Senior Pinochle Club

**Senior Center**  
**707 Electric Ave.**  
**Drop in – Tuesday 9 a.m. - 3p.m.**

No Fee! Person 50 years of age and older are invited. The club provides opportunities to meet new friends, develop new interests and socialization.



## Friendly Companions

Community Senior Serv serves over 1200 frail, isolated, homebound older adults daily who are in need of companionship. Many homebound elders are lonely and do not or cannot reach out to others. If you find joy in making a difference and enjoy listening or talking, friendly visiting is the right volunteer opportunity for you. Volunteers visit in the home of the older adult and offer warmth, friendship and understanding to make life more meaningful. Volunteers play an important part in the elders well-being by helping to restore feelings of self worth, dignity and promoting independence. Volunteers are needed throughout Central, North and West Orange County. Families are encouraged to volunteer. Call (714) 220-0224 to volunteer.

## Referral Assistance

This referral service directs persons 60+ to the appropriate agencies for specific needs. Call the Orange County Senior Information and Referral Line at (714) 567-7500 if you need assistance. This program is designed to provide seniors access to the many agencies and human service programs available that can assist with problems, legal information, nutrition programs and more.

## Health Insurance Counseling and Advocacy Program (HICAP)

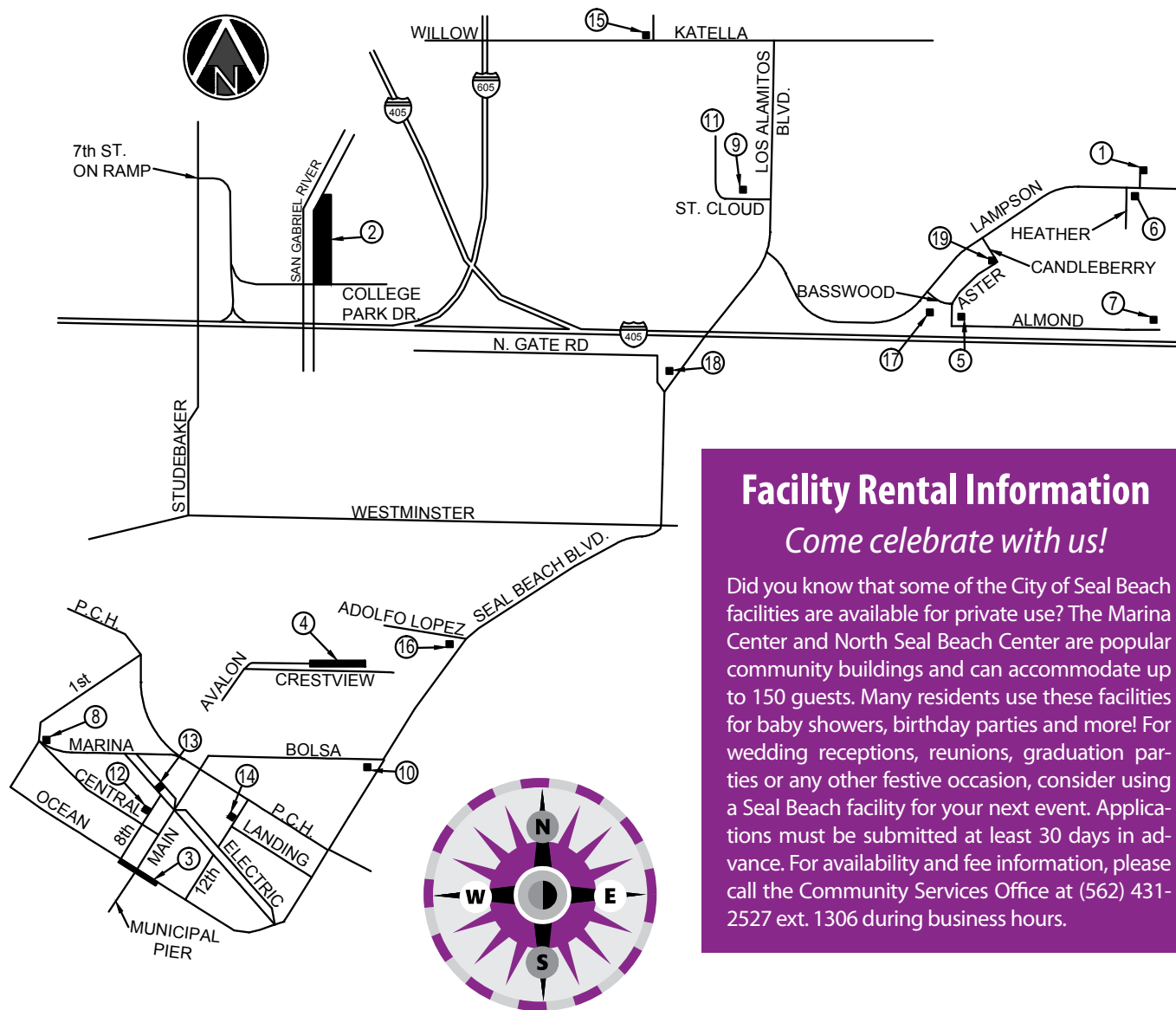
Trained counselors are available to assist seniors with Medicare rights and protections. They can help with HMO appeals, with information regarding Medi-Gap Plans and/or Long Term Care information. No fee. For more information, call 714-560-0424.

## Medicare 101

**Cesar Arteaga**  
**Seal Beach Senior Center**  
**707 Electric Ave**

Learn about Social Security timeframes, how to enroll in Medicare, and the qualifications to receive Medicare. Learn about what Part A, Part B, Part C, and Part D consist of and what it covers and does not cover. The instructor will explain the options that Medicare beneficiaries have to get coverage for and what Medicare does not cover, such as Medicare Advantage plans, Prescription drug plans, and Medicare Supplement plans. Additional plans are also available for those who are receiving financial assistance or for those who have Medicare and Medi-Cal.

456040-01	6 weeks	Mon	10/15-11/19	10-11am	60+ yrs	Free
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## Facility Rental Information

*Come celebrate with us!*

Did you know that some of the City of Seal Beach facilities are available for private use? The Marina Center and North Seal Beach Center are popular community buildings and can accommodate up to 150 guests. Many residents use these facilities for baby showers, birthday parties and more! For wedding receptions, reunions, graduation parties or any other festive occasion, consider using a Seal Beach facility for your next event. Applications must be submitted at least 30 days in advance. For availability and fee information, please call the Community Services Office at (562) 431-2527 ext. 1306 during business hours.

- 1 **ARBOR PARK (DOG PARK)**  
4665 Lampson, behind WestEd Facility  
College Park East Off Lampson 100 ft. East of Heather St.  
Soccer and Baseball Fields, RR
- 2 **EDISON PARK & GARDENS**  
99 College Dr, in College Park West  
Tot Lot, Basketball Court, Sand Volleyball, Softball Diamond, Public Gardens, PP
- 3 **EISENHOWER PARK**  
Ocean Ave & Main St, in Old Town Greenbelt adjacent to the Pier
- 4 **GUM GROVE NATURE PARK**  
On the Hill Corner of Crestview & Avalon Drive  
Urban Forest of Eucalyptus Trees, Passive Hiking Trail, PP
- 5 **(BB) BLUEBELL PARK**  
Almond Ave & Bluebell St., in College Park East  
Basketball Court, Play Field & Tot Lot (Lights)
- 6 **(HP) HEATHER PARK**  
Heather St. & Lampson, in College Park East  
Tennis Courts (Lights), Play Field, Tot Lot, PP
- 7 **ALMOND PARK**  
4600 Almond Avenue. Tot Lot, Play Field, Basketball Courts
- 8 **MARINA CENTER & PARK**  
151 Marina Dr, at 1st St. in Old Town  
Community Center, Tot Lot, Tennis Courts (Lights), Basketball Court (Lights),  
Racquetball Courts (Lights), RR, PP
- 9 **NORTH SEAL BEACH CENTER (NSBC)**  
3333 St. Cloud Dr.  
Community Center, Daily Senior Meals, RR
- 10 **MCGAUGH GYMNASIUM,  
POOL, TENNIS COURTS & FIELDS**  
1698 Bolsa Ave. at Seal Beach Blvd, On the Hill.  
Pool Office Phone: 430-9612  
Public Pool, Gym, Tennis Courts, Play Fields, RR
- 11 **ROSSMOOR/LOS ALAMITOS LIBRARY**
- 12 **CITY HALL & RECREATION OFFICE**  
211 8th St., 2nd floor in Old Town
- 13 **SENIOR CENTER AT MARY WILSON LIBRARY**  
707 Electric Ave in Old Town, Senior Center Facility, Greenbelt, RR
- 14 **ZOETER SOFTBALL FACILITY**  
12th Street & Landing Avenue, Premier Softball Diamond (Lights), RR
- 15 **LOS ALAMITOS COMMUNITY CENTER**  
10911 Oak St., Los Alamitos (Oak & Katella)  
430-1073, Co-Sponsor for Programs
- 16 **SEAL BEACH POLICE**  
Seal Beach Blvd, at Adolfo Lopez Drive. (562) 799-4100
- 17 **SEAL BEACH TENNIS CENTER**  
Tennis Facility Located in Seal Beach on Lampson, just east of Seal Beach Blvd.
- 18 **FIRE STATION #48**  
Community Room, located at 3131 N. Gate Road
- 19 **ASTER PARK**  
Aster St. & Candleberry, in College Park East

# 4 easy ways to REGISTER TODAY

## 1 MAIL IN

Select the class or classes you are interested in and complete the registration form. Please sign the consent section at the bottom. Mail the completed registration form with a check or money order (do not send cash) made payable to the City of Seal Beach, or your MasterCard or Visa number to:

**City of Seal Beach**  
**ATTN: Finance Department**  
211 8th Street  
Seal Beach, CA 90740

If you would like to receive a confirmation receipt, please supply a self-addressed, stamped envelope with your registration or request that one be sent to your e-mail address.

**Registration Begins**  
**August 17, 2012**

## 2 FAX

### Call (562) 430-3498

You may register by fax with your Visa or MasterCard. Fax us 24 hours a day at (562) 430-3498. Please have all your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

## 3 WALK IN

### Open Monday - Friday

Registration can also be made in person at Seal Beach City Hall from 8 am to 5 pm Monday-Friday. Closed from 12-1pm daily.

## 4 E-mail

Scan and e-mail your registration form to [CommunityServices@Seal-BeachCA.Gov](mailto:CommunityServices@Seal-BeachCA.Gov)

## Refund Policy

► Applications for refunds will be granted only if requested prior to the second class meeting and may be made in person, over the telephone, or by writing us. You will be refunded a prorated fee for the class you attended.

► Refund checks will be mailed within three weeks following the request.

► If the Department cancels a class, before the start date, an automatic refund will be processed at no cost to the registrant.

► A \$25 Service Charge for any check returned unpaid may be assessed (closed account, NSF funds)

► A \$10 Service Charge for any requested REFUND.

## Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Seal Beach Community Services Department prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs. All are welcome to register and we encourage your participation. If you have special needs, please contact the Community Services Office at (562) 431-2527, ext.1307.

## Community Services Department

### City of Seal Beach

211 8th Street  
Seal Beach, CA 90740  
Office (562) 431-2527 ext. 1307  
Fax (562) 430-3498

### Office Hours

Monday - Friday; 8 am - 5 pm  
(closed daily 12-1 pm for lunch)

**For Your Information:** We share instructors and co-sponsor activities and classes to better serve YOU, our most important customer!

**CONTENT:** We make every effort to ensure the information in the Guide is accurate & up-to-date. We regret that occasional errors occur & we retain the right to amend information & fees.

*Please register early to avoid class cancellations.*

## Submit Your Photos

Have you or your children participated in one of our classes and have high resolution digital photographs that you would like to submit for publication in the Seal Beach *Shoreline*? If so, you can email them to Dana at [dkukuruda@sealbeachca.gov](mailto:dkukuruda@sealbeachca.gov).

### Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured

The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of Seal Beach or anyone authorized by the City of Seal Beach of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation."

Thank You!





# Seal Beach Community Services Department

211 8th Street, Seal Beach, Ca 90740

Community Services Office (562) 431-2527 Ext. 1307 • Office Fax (562) 430-3498

## CLASS REGISTRATION FORM

ADULT NAME: \_\_\_\_\_  
LAST NAME FIRST NAME

E-MAIL: \_\_\_\_\_

ADDRESS: STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: HOME # \_\_\_\_\_ WORK# \_\_\_\_\_ MOBILE # \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE # \_\_\_\_\_

Drivers License #: \_\_\_\_\_ EXP DATE: \_\_\_\_\_

☐ Check if address or phone number has changed (For returning participants only)

PARTICIPANT FIRST NAME	LAST NAME	BIRTH DATE	CLASS #	CLASS TITLE	START DATE	FEE \$	Office Use Only ACCOUNT #
						TOTAL \$	

### RELEASE AND INDEMNIFICATION

I hereby agree to indemnify, defend and hold harmless the City of Seal Beach, its officers, employees, agents and volunteers from and against any and all claims, damages, liability, bodily injury, death, expenses, and judgments, including attorney fees, expert witness fees and court costs in any way arising from my (or my child's) participation in the program for which I am registering him/her. I understand and am familiar with the nature of the event or activity and recognize that this event or activity can be dangerous to me (or my child) and accept those dangers. In case of emergency, I give my permission for emergency medical treatment. I also give my permission to the City of Seal Beach to photograph me or my child participating in this event or activity for advertising purposes for the City of Seal Beach and acknowledge I will not receive any compensation for such use. My signature acknowledges that I understand and agree to the above conditions.

DATED: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_  
(PARTICIPANT/PARENT OR GUARDIAN)



### METHOD OF PAYMENT



MAKE CHECK PAYABLE TO CITY OF SEAL BEACH

☐ CHECK #: \_\_\_\_\_ CHECK DATE: \_\_\_\_\_

☐ CASH

☐ VISA  ☐ MASTERCARD 

CARD #  -  -  EXP. DATE  -

SIGNATURE \_\_\_\_\_ TOTAL CHARGED TO ACCT: \$ \_\_\_\_\_

**City of Seal Beach**  
CITY HALL  
211 8th Street  
Seal Beach, CA 90740

**POSTAL CUSTOMER**  
Seal Beach, CA 90740

PRSRT STD  
U. S. Postage  
PAID  
Long Beach, CA  
PERMIT #70001

# Seal Beach CERT Members Train to Assist Others in an Emergency

The West County Community Emergency Response Team (CERT) Program provides citizens with information about disaster preparedness that may impact their neighborhood. It trains for basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using this training, CERT members can assist others in their neighborhood or workplace following an event when first responders may not be immediately available. Students learn to manage utilities, put out small fires, provide basic disaster medical first aid, search for and rescue victims safely, and organize themselves to be effective. CERT is a positive and realistic approach to emergency and disaster situations where citizens' actions can make a difference when local government is overwhelmed. The goal of the CERT program is to help people do the greatest good for the greatest number effectively and efficiently without placing themselves in unnecessary danger.

